

## Important Information!

Important telephone numbers . . . . .	2
Emergency information for my family . . . . .	3
Sirens and the Emergency Alert System (EAS) . . . . .	28
How to shelter in place . . . . .	29
If you are asked to evacuate . . . . .	30
If you have school children . . . . .	31
If you have special needs . . . . .	31
Information for farmers . . . . .	31
Evacuation routes/map . . . . .	32-35
Kinds of emergencies . . . . .	36
What to do in advance . . . . .	36
Emergency bus information . . . . .	37-53
About Seabrook Station and radiation . . . . .	54
Security at Seabrook Station . . . . .	55
About Potassium Iodide (KI) . . . . .	56
KI Application Form . . . . .	57
Annual Emergency Help Survey . . . . .	back cover

## An Emergency Plan for You and Your Family's Protection

**If you hear a steady siren tone—three to five minutes—tune to the Emergency Alert System radio station—97.5 FM**

This calendar explains emergency planning for the area around the Seabrook Station nuclear power plant and what to do in case of an emergency. Please take the time to carefully read the information in this calendar and keep it in a safe and handy place.

An emergency plan has been written for your community. This plan would be used to protect you in the event of an accident at Seabrook Station, in Seabrook, New Hampshire. This plan could also be used in other emergencies such as floods, fires, hurricanes, tornadoes, or toxic chemical spills. Similar plans have been successfully used by other communities in emergencies such as these. This calendar explains how the plan works for Seabrook Station.

**If you or someone you know requires special assistance during an emergency, please fill out the Annual Emergency Help Survey and return. This information will be used to ensure emergency personnel have necessary equipment to meet your needs. The survey card is located on the back cover and as a tear-off in this calendar.**

### For Information during an Emergency

The N.H. Department of Safety, Bureau of Emergency Management (NHBEM) has an information line number. During an emergency, if you have a question you could call this number for information. This number is:

**(800) 458-2407** or access the NHBEM website at **www.nhoem.state.nh.us**

### Non-Emergency Phone Numbers

If you have any questions during a time that is not an emergency, call:

The N.H. Department of Safety,  
Bureau of Emergency Management

**(800) 852-3792 (voice only);**  
**(603) 271-2254 (TDD\TTY)**

or access the NHBEM website at:  
**www.nhoem.state.nh.us**

Seabrook Station Information Hotline:  
**(800) 774-4771** (recording).

**Important Emergency Operations Center Phone Numbers -** *The emergency telephone numbers and facilities listed in this calendar would only be activated in the event of an actual emergency at Seabrook Station.*

The N.H. Department of Safety, Bureau of Emergency Management is prepared to help you in an emergency. If you are handicapped or need special help, first call your local Emergency Operations Center (EOC). In an emergency, these lines are only for people needing help.

Brentwood . . . . .	642-8132
East Kingston . . . . .	642-8406
Exeter . . . . .	772-1212
Greenland . . . . .	431-7111
Hampton . . . . .	926-6766

Hampton Falls . . . . .	929-4611
Kensington . . . . .	772-9787
Kingston . . . . .	642-4211
New Castle . . . . .	436-1132
Newfields . . . . .	778-0311
Newton . . . . .	382-1610
North Hampton . . . . .	964-7249
Portsmouth . . . . .	427-1580
Rye . . . . .	964-5896

Seabrook . . . . .	474-5772
South Hampton . . . . .	394-0105
Stratham . . . . .	772-5936

If you cannot reach your local EOC, call the N.H. Department of Safety, Bureau of Emergency Management, (603) 433-1419 (voice only); (800) 422-8893 telecommunications device for the deaf (TDD\TTY) or access the NHBEM website at: **www.nhoem.state.nh.us**

**www.nhoem.state.nh.us**

# JANUARY 2006

EMERGENCY ALERT  
SYSTEM STATION  
*97.5 FM*

DECEMBER 2005

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY 2006

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  New Year's Day	2	3	4	5	6  First Quarter	7
8	9	10	11	12	13	14  Full Moon
15	16  Martin Luther King Jr. Day	17	18	19	20	21
22  Last Quarter	23	24	25	26	27	28
29  New Moon	30	31	Do you have school children? Learn what to do during an emergency. See page 31.			

# FEBRUARY 2006

EMERGENCY ALERT  
SYSTEM STATION  
*97.5 FM*

JANUARY 2006						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MARCH 2006						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Groundhog Day	3	4
5 First Quarter	6	7	8	9	10	11
12 Lincoln's Birthday	13 Full Moon	14 Valentine's Day	15	16	17	18
19	20 President's Day	21 Last Quarter	22 Washington's Birthday	23	24	25
26	27	28 New Moon	Important emergency telephone numbers are listed on page 2.			

# MARCH 2006

**EMERGENCY ALERT  
SYSTEM STATION**  
*97.5 FM*

## FEBRUARY 2006

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## APRIL 2006

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

***Do you have a special need?  
Information is on page 31.***

1

Ash Wednesday

2

3

4

5

6

 First Quarter

7

8

U.N. - International  
Womens' Day

9

10

11

12

13

14

 Full Moon

15

16

17

18

Saint Patrick's Day

19

20

First Day of Spring

21

22

 Last Quarter

23

24

25

26

27

28

29

 New Moon

30

31

# APRIL 2006

EMERGENCY ALERT  
SYSTEM STATION  
*97.5 FM*

MARCH 2006						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MAY 2006						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>How will you be notified during an emergency? Information is on page 28.</i>						1  April Fool's Day
2  Daylight Saving Time Begins	3	4	5  First Quarter	6	7	8
9  Palm Sunday	10	11	12  Passover begins at sundown	13  Passover Full Moon	14  Purim Good Friday	15
16  Easter Sunday	17	18	19	20	21  Last Quarter	22  Earth Day
23/30	24	25	26	27  New Moon	28	29

# MAY 2006

**EMERGENCY ALERT  
SYSTEM STATION**  
*97.5 FM*

**APRIL 2006**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

**JUNE 2006**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5  First Quarter	6
7	8	9	10	11	12	13  Full Moon
14 Mother's Day	15	16	17	18	19	20  Last Quarter
21	22	23	24	25	26	27  New Moon
28	29 Memorial Day (Observed)	30	31	<p><i><b>What do you do if told to shelter in place? Information is on page 29.</b></i></p>		

# JUNE 2006

EMERGENCY ALERT  
SYSTEM STATION  
*97.5 FM*

MAY 2006						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JULY 2006						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>What do you do if advised to evacuate? Information is on page 30.</i>				1	2	3  First Quarter
4	5	6	7	8	9	10
11  Full Moon	12	13	14 Flag Day	15	16	17
18 Father's Day  Last Quarter	19	20	21 First Day of Summer	22	23	24
25  New Moon	26	27	28	29	30	



# JULY 2006

EMERGENCY ALERT  
SYSTEM STATION

97.5 FM

JUNE 2006

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

AUGUST 2006

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*Do you have an emergency plan for your family?  
Information is on page 29.*

1

2

3

 First Quarter

4

Independence Day

5

6

7

8

9

10

11

 Full Moon

12

13

14

15

16

17

 Last Quarter

18

19

20

21

22

23/30

24/31

25

 New Moon

26

27

28

29

# AUGUST 2006

EMERGENCY ALERT  
SYSTEM STATION  
*97.5 FM*

JULY 2006						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 <sub>/30</sub>	24 <sub>/31</sub>	25	26	27	28	29

SEPTEMBER 2006						
S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Do you have an emergency kit in your vehicle?</i>		1	2  First Quarter	3	4	5
	6	7	8	9  Full Moon	10	11
						12
	13	14	15	16  Last Quarter	17	18
						19
20	21	22	23  New Moon	24	25	26
27	28	29	30	31		

# SEPTEMBER 2006

EMERGENCY ALERT  
SYSTEM STATION  
*97.5 FM*

AUGUST 2006						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

OCTOBER 2006						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Do you know a neighbor who may need help in an emergency? See page 31.</i>					1	2
3	4 Labor Day	5	6	7 Full Moon	8	9
10 National Grandparent's Day	11 Patriot Day (US)	12	13	14 Last Quarter	15	16
17	18	19	20	21	22 Rosh Hashanah begins at sundown New Moon	23 Rosh Hashanah First of Ramadan First Day of Fall
24	25	26	27	28	29	30 First Quarter

# OCTOBER 2006

EMERGENCY ALERT  
SYSTEM STATION  
*97.5 FM*

SEPTEMBER 2006						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOVEMBER 2006						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  Yom Kippur begins at sundown	2  Yom Kippur	3	4	5	6	7  Full Moon
8	9  Columbus Day (Observed)	10	11	12	13	14  Last Quarter
15	16	17	18	19	20	21
22  New Moon	23	24	25	26	27	28
29  Daylight Saving Time Ends First Quarter	30	31  Halloween	Have you changed your smoke/carbon monoxide detector batteries?			

# NOVEMBER 2006

EMERGENCY ALERT  
SYSTEM STATION  
*97.5 FM*

OCTOBER 2006						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DECEMBER 2006						
S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
--------	--------	---------	-----------	----------	--------	----------

<i>Do you have working flashlights, a battery operated radio and extra batteries for emergencies?</i>			1	2	3	4
5	6	7	8	9	10	11
 Full Moon		Election Day				Veteran's Day
12	13	14	15	16	17	18
 Last Quarter						
19	20	21	22	23	24	25
	 New Moon			Thanksgiving Day		
26	27	28	29	30		
		 First Quarter				

# DECEMBER 2006

EMERGENCY ALERT  
SYSTEM STATION  
*97.5 FM*

NOVEMBER 2006						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JANUARY 2007						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Is your holiday tree well-watered? Do you turn off decorative lighting and extinguish candles when you leave your home?</i>					1	2
3	4	5 Full Moon	6	7 Pearl Harbor Remembrance Day	8	9
10	11	12 Last Quarter	13	14	15 Chanukah begins at sundown	16 Chanukah
17	18	19	20 New Moon	21	22 First Day of Winter	23
24/31 New Year's Eve	25 Christmas Day	26 kwanza begins	27 First Quarter	28	29	30

# Sirens and the Emergency Alert System

*The Emergency Alert System will provide you with official information in case of tornadoes, floods, earthquakes, acts of terrorism, nuclear power plant accidents or other emergencies.*

Sirens would sound in your community if there were an emergency. The sirens would make a steady three-to-five-minute sound. If you hear this signal, **turn on your radio immediately and tune to 97.5 FM.** This station would broadcast an emergency message indicating the type of emergency. Radio announcements would tell you what to do. Staying tuned to the radio might be all you would need to do. Or, you might be told to take other action.

Fire and police officers would also help to notify those with special needs. (See back cover or tear-off Annual Emergency Help Survey.)

Boaters in the area would be alerted by the U.S. Coast Guard. Channels 16 and 22 on marine radio would also give boaters information.

The sirens would also be able to broadcast special emergency messages to alert people at the beaches.

If you hear a siren, go indoors. Go inside your home or any nearby building. Tune to the Emergency Alert System (EAS) station. This station would broadcast an emergency message.

In case of an emergency, always stay tuned to the EAS station. You may be told to take different actions if emergency conditions change.

**Note: Do not use the phone or cell phone unless absolutely necessary. Leave the lines open for emergency personnel.**

## Emergency Alert System Station

**If you hear a steady siren—three to five minutes—please tune to the Emergency Alert System radio station at once for emergency instructions.**

**97.5 FM**

## Unintentional Siren Activation

An unintentional siren sounding could occur due to a siren malfunction or other problem. If a siren sounds, residents should tune to the EAS station. If the sirens were sounded unintentionally, you would be notified via a regular news broadcast. EAS tones and messages would only be used in the event of an actual emergency.

**Visit our Web Site for additional emergency preparedness information at:**

**[www.nhoem.state.nh.us](http://www.nhoem.state.nh.us)**

## Local Siren Use

In addition to the three-to-five minute steady tone that would sound for an emergency at Seabrook Station, other siren tones may be used by your local emergency officials. These other siren tones may be sounded during local emergencies and/or testing.

## The 10-Mile Emergency Planning Zone

The area approximately 10 miles around Seabrook Station is called the Emergency Planning Zone. There is an emergency plan for each community inside this zone. However, it is not likely that everyone within the 10-mile zone would need to take action in an emergency. The areas affected would depend on the weather and the kind of accident. State public safety and health officials would continually review the situation. They would decide the best actions to protect you. In case of an emergency, listen to the EAS for specific instructions for your community.



# Emergency Plan for Your Protection

## Plan Ahead

Everyone in your family should know what to do in an emergency. Go over the information in this calendar together. Decide who would pick up school children at their reception center, where to meet if you were apart in an emergency, and so on. Be sure children know what to do if they are alone and the sirens sound. Talk with your friends and neighbors, so you can help each other if necessary.

It is a good idea to keep some things safe and handy in case of emergency: portable radio, flashlight and extra batteries; important papers; medicines, required diet foods and first-aid items; extra supplies for babies and pets, bottled water, non-perishable foods, cash and cell phone. Keep your car in good running order; keep your gas tank at least half full.

- It's a good idea to prepare for an emergency now, just as you'd have a family plan for what to do if there is a fire in your home.
- Read the information in this calendar carefully with your family. It has been prepared to help you respond if there is an emergency at Seabrook Station or other emergencies.
- Locate the designated evacuation route listed for your community. Check this information with your evacuation map.
- If you think transportation could be a problem during an evacuation, check with neighbors to see if you can ride with one of them in the event of an emergency. As a backup, check the Important Emergency Operations Center Phone Numbers listed for your community on page 2 of this calendar.
- Plan now to stay with a friend or relative outside the emergency planning zone, if an evacuation is recommended. If that is not possible, go to your designated reception center. This calendar contains a map with directions to your reception center.
- Find out which reception center your school-aged children will be taken to in an emergency. If you don't already know, call your child's school.
- Keep a supply of batteries on hand for your flashlight and radio.
- Keep an extra set of car keys handy.

## How to Shelter In Place

- Go inside and stay there.
- If you must go outside (for example, to bring in a child playing outside), cover your nose and mouth with a folded, damp cloth. Go back inside as soon as you can.
- Change clothes if you go outside.
- Close all outside doors and windows.
- Turn off all fans, air conditioners, clothes dryers, kitchen and bath exhaust fans, and other sources of outside air.
- Keep the radio tuned to the EAS station, 97.5 FM.
- Keep pets inside.
- If you have livestock, shelter them too. Give them stored feed and water from a covered source.
- Do not use the telephone except for emergencies.
- Do not use fireplaces or wood stoves. Let fires burn down. Close the dampers after fires are out.
- If you are not at home, take the best available shelter.
- If you are in your car, close the windows and air vents and turn off the heater or air conditioner. Turn on "recycle air" option if available.
- Stay indoors until you receive official notice that it is safe to go out.
- If sheltering-in-place is recommended during school hours, children will be sheltered right in the school building and cared for by school personnel.

**Remember—stay tuned to the Emergency Alert System station, 97.5 FM, for latest information.**



# If You Are Advised to Evacuate

In an emergency, you might be advised to evacuate. This means to leave the area. You should follow the instructions given on the EAS station. If you were at work outside the evacuation area but lived inside it, you would go home first to pick up family members and get things you would need.

Do not try to take all of your belongings with you. Take what you will need. You could be away from home for a few hours to a few days. Take these things, if you can:

- This calendar
- Extra clothing
- Personal items (eyeglasses, dentures)
- Toiletries (soap, toothbrush, toothpaste)
- Medical supplies (first aid kit, medicine, prescriptions and medical insurance card)
- Medical equipment (life support equipment and any other special equipment you use)
- Baby supplies
- Blankets, pillows and towels (if you will stay at a public mass care center)
- Checkbook, credit card and cash
- Driver's license or identification

Note: Alcoholic drinks are not allowed at reception centers or mass care centers.

**Plan to spend a minimum of three days away from home. Lock up your home.**

## What to Do as You Leave

- Turn off the lights and your household appliances.
- Leave your refrigerator and freezer on.
- Lock your windows and doors.

## Information for Farmers

Information is available to help farmers plan how to protect livestock and crops in an emergency. Call the New Hampshire Department of Agriculture, Markets, and Food at (603) 271-2404 for an information booklet.

## What to Do with Pets and Livestock

Only seeing-eye dogs and other service animals will be allowed inside the reception and mass care centers. You could take your pets with you if you planned to stay with friends or relatives. If you decide to leave your pets at home, provide them with shelter and a three-day supply of food and water. See “Emergency Information for My Family” on page 3 for more information about evacuating pets.

If you can, shelter livestock, especially dairy cattle. Give them stored feed and water. See “Information for Farmers” above.

## How to Travel

- Use only one car (or other vehicle) per family.
- Keep the car windows and vents closed, if practical.
- Keep the car radio tuned to the EAS station, 97.5 FM.
- Drive out of the area along one of the routes described on pages 34-35. Other routes may be suggested on the radio because of conditions at the time. Follow the EAS instructions.

## Where to Go

There is a reception center for each community in the 10-mile Emergency Planning Zone. Each reception center is outside the 10-mile zone. These reception centers are listed on page 36. At your reception center you could:

- Register in order to track those who had been to the reception center.
- Leave messages for family members and get general information on the emergency.
- Be referred to a public mass care center operated by the American Red Cross. The care center would provide temporary housing, food, clothing and other aid, if you needed a place to stay.
- If necessary, be monitored for the presence of radioactive contamination (if any) and have any such contamination removed.

**Go in your car to a friend or relative outside the Emergency Planning Zone or to the reception center identified in this calendar, where you will receive further directions.**

## If You Have School Children

During an emergency, precautionary actions could be taken to ensure the safety and security of school children. These actions could include school closing or precautionary evacuation of schools. They could be taken before actions were needed by the general public.

If an emergency existed before the start of the school day, schools could be closed, as they are when there is the danger of a winter storm.

If schools were in session, students could be evacuated. If so, local school officials would take the children to

the reception center assigned to their school. The reception center for each school is the same as the reception center for the community in which the school is located (see the list of reception centers on page 36). Parents would meet their children at the reception center.

To help evacuation proceed quickly and smoothly, parents are encouraged to go directly to the reception center to pick up their children and not to the local school building. A few schools, however, do have a

pickup location that does not interfere with evacuation vehicles. Check with school administrators in advance for that information.

In either case, you would be kept informed by radio broadcasts of the status of the transfer of school children to reception centers. **Do not try to call the school.** The telephone lines would be needed for official business.

## If You Have Special Needs

**If your neighbor is hard of hearing or visually impaired, please check to see whether the neighbor knows about the emergency and understands what to do.**

### Good Neighbor Assistance

- If your neighbors, relatives or co-workers might need help in evacuating, please check on them before you leave. Do not use the telephone unless it is the only practical way to check.
- If they need help you cannot give, call (603) 433-1419. Emergency workers will provide aid.

### Patients in Hospitals and Nursing Homes

Hospital and nursing home patients would be taken to medical or nursing facilities beyond the 10-mile zone. They would receive the care they need.

During an emergency, you could learn where a patient would be taken by calling the N.H. Department of Safety, Bureau of Emergency Management information line number 1 (800) 458-2407.

### People at Beaches

In an emergency, the Hampton and Seabrook beaches could be closed. People at the beach should leave those areas and go back to their lodgings or homes. No one else should go to the beaches. This action could be taken as a precaution, even if no emergency actions were needed by the general public. Sirens would tell people at the beaches about the emergency.

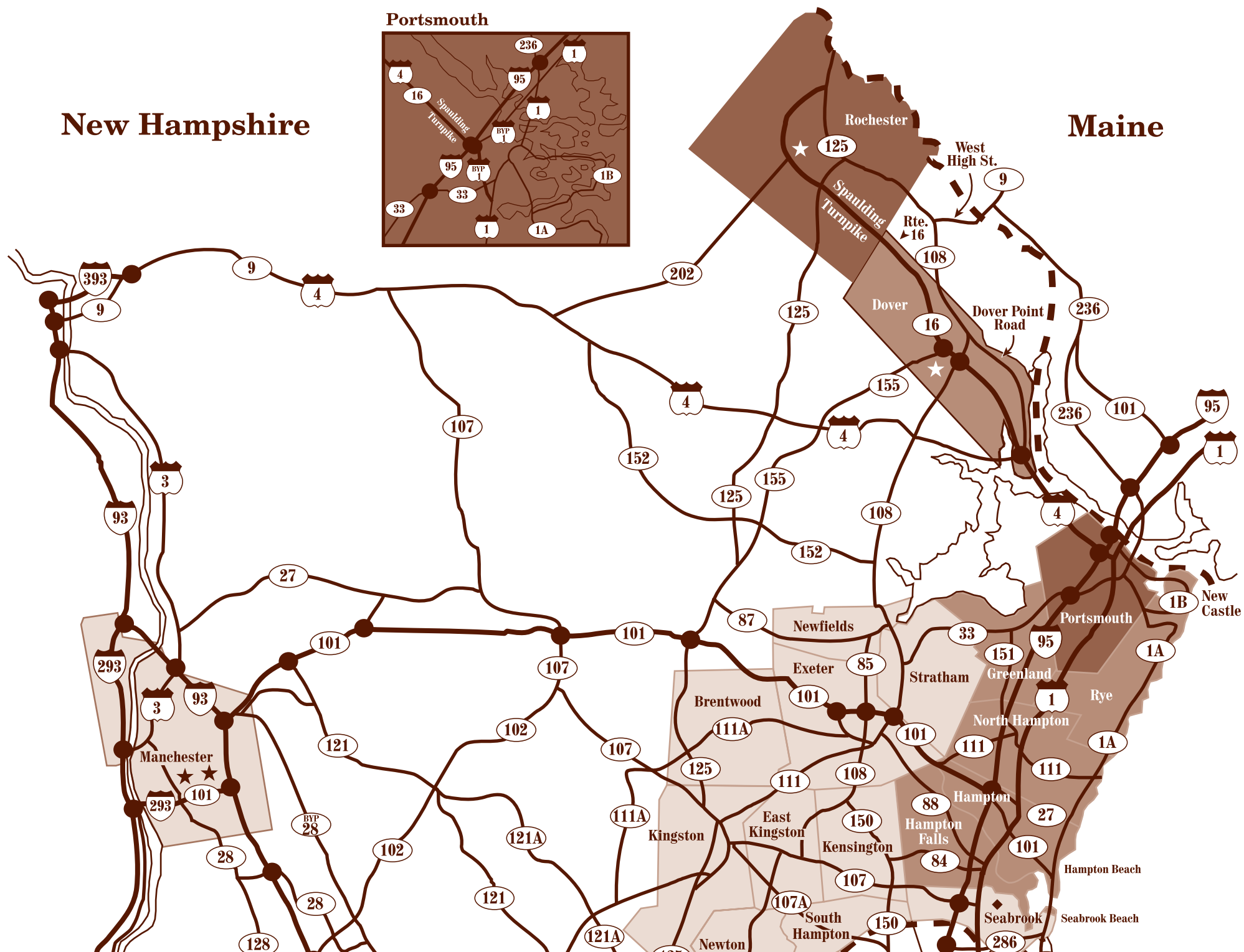
### People in Need of Transportation

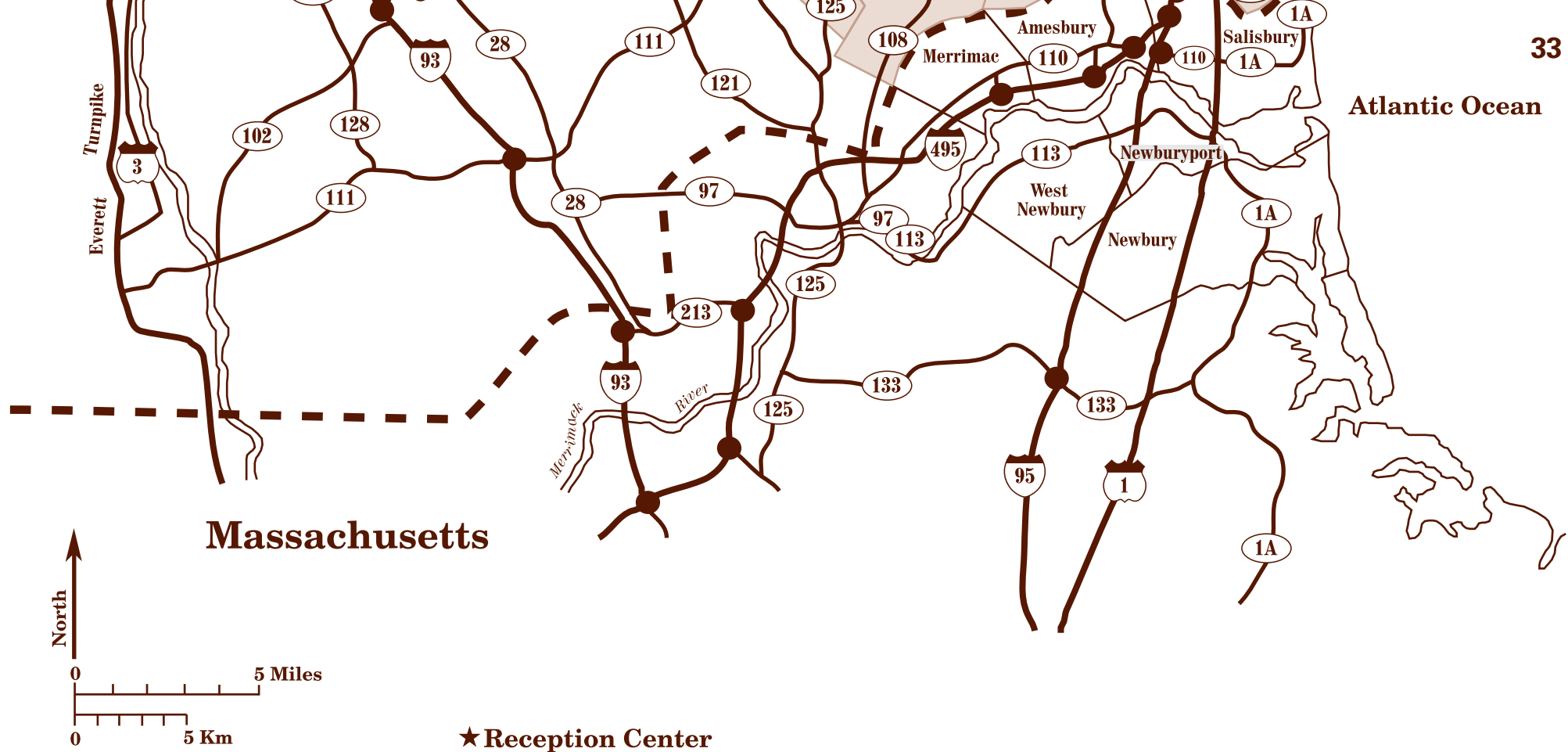
Buses would take people who don't have cars to the reception center for their city or town. Information on where to catch a bus is on pages 37-53 of this calendar.

### People with Disabilities/Special Needs

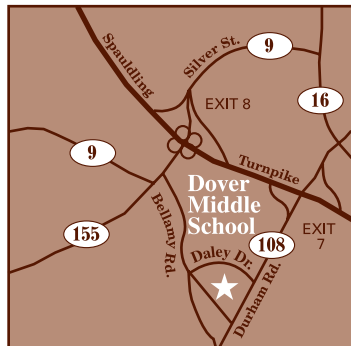
People with disabilities, who registered with the N.H. Department of Safety, Bureau of Emergency Management this year, would be notified by emergency workers. If help were still needed, they would be taken to facilities beyond the 10-mile zone for special aid. Anyone who had not already asked the N.H. Department of Safety, Bureau of Emergency Management for emergency assistance could get help by calling their local emergency operations center. (See page 2 for a list of emergency operations center phone numbers.)

**If you have special needs, please fill out and return the enclosed Annual Emergency Help Survey on the back cover of this calendar as soon as possible. The information will be kept confidential and used for emergency planning only. Even if you have sent in a help survey in the past, a new survey should be sent in each year.**

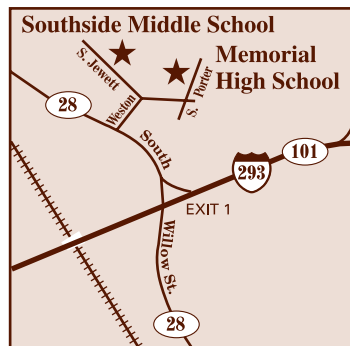




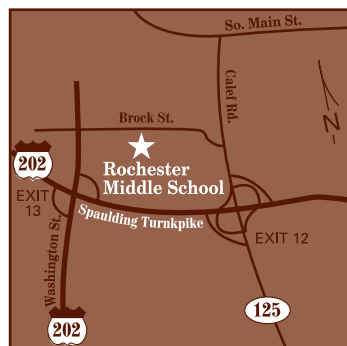
### Reception Centers



**Dover**



**Manchester**



**Rochester**

*Your community and the city where your reception center is located are the same color*

# Evacuation Routes

## Brentwood

North Rd. West to Rte. 125 North to Rte. 101 West to Manchester.

**Or.** South Rd. or Rte. 111A West to Rte. 107 North to Rte. 101 West to Manchester.

## East Kingston

Rte. 107 North to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Exeter

**North:** Rte. 108 North (Portsmouth Ave.) to Rte. 152 West to U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 85 North (Newfields Rd.) to Rte. 87 West to Rte. 125 North to Rte. 152 West. Then U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/ South Willow St. (Rte. 28) in Manchester.

**South:** Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 108 South to Rte. 107 North to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

**West:** Rte. 111A West to Rte. 107 North to Rte. 101 West to Manchester.

## Greenland

Rte. 33 East to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

## Hampton

### **Hampton Beach (residents) and North Beach:**

Rte. 1A North to Rte. 27 West to Rte. 101 West to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.

### **Hampton Beach (residents) and North Beach:**

If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.

If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.

**Or.** Rte. 1A North to Rte. 111 West, across U.S. Rte. 1, to Rte. 151 North to Rte. 33 East to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.

If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.

If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.

### **Hampton Beach (visitors only):**

Rte. 1A North (Ocean Blvd.), left on Highland Ave., to Rte. 101 West to Manchester.

**Or.** Rte. 1A North to Rte. 27 West to I-95 North to U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 1A North to Rte. 111 West to Rte. 151 North to Rte. 33 East to I-95 North. Then Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 1A North to South Rd. West to West Rd. Go north on West Rd. to Washington Rd. West to U.S. Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to U.S. Rte. 4 West. Then I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 1A North to Washington Rd. to Lang Rd. North to U.S. Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to U.S. Rte. 4 West. Then I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

### **Inland Hampton**

**East of I-95:** Rte. 27 West to Rte. 101 West to

I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.

If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.

If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.

**Or.** U.S. Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.

**Or.** U.S. Rte. 1 North to Breakfast Hill Rd. West to Rte. 151 North to Rte. 33 East to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.

If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.

If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.

**West of I-95:** Rte. 27 West to Rte. 108 North (Portsmouth Ave.) to Dover.

## Hampton Falls

Rte. 84 West to Rte. 150 North to Rte. 108 North through Exeter (right on High St., left on Portsmouth Ave.) to Dover.

**Or.** Rte. 88 West via Holland Way to Route 108 North (Portsmouth Ave.) to Dover.



## Kensington

**North:** Rte. 150 North to Rte. 108 South to Rte. 107 North to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

**South:** Rte. 107 North to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Kingston

Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## New Castle

Rte. 1B (Portsmouth Ave.) to Portsmouth. Right on Marcy St., left on Pleasant Ave. (both Rte. 1B) to State St. North to Remick Corners traffic circle to Rte. 236 North to Rte. 9 West to West High St. Right at light/sign for Rochester, to Rte. 108 South to Dover.

## Newfields

Rte. 87 West to Rte. 125 North to Rte. 152 West to U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Newton

Rte. 108 South to Rte. 110 East to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## North Hampton

**East of U.S. Rte. 1:** Rte. 111 West (Atlantic Ave.), across U.S. Rte 1 to Rte. 151 North to Rte. 33 East to I-95 North to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

**Or.** Mill Rd. North to Washington Rd. West to U.S. Rte. 1 North. Then Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

**West of U.S. Rte. 1:** Rte. 151 North to Rte. 33 East to I-95 North to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

## Portsmouth

**South:** U.S. Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16) North to Rochester (Exit 12) to Rte. 125 North to Brock St. (left turn at 1st traffic light).

**East:** Middle St. North and West. Right on State St. North. Bear left for Memorial Bridge to Maine. Take U.S. Rte. 1 North to Remick Corners traffic circle to Rte. 236 North to Rte. 9 West to West High St. Right at light/sign for Rochester, to Rte. 108 North to Rte. 125 South to Brock St. (right turn at traffic light.)

**West:** Woodbury Ave. North. Left at shopping mall light to stay on Woodbury, to Spaulding Tpk. (Rte. 16) North to Rochester (Exit 12) to Rte. 125 North to Brock St. (left turn at 1st traffic light).

## Rye

**North of Rye Harbor State Park:** Rte. 1A North (Sagamore Rd. in Portsmouth to Miller Ave.) to Middle St. (U.S. Rte. 1 North), which becomes Maplewood Ave., to Woodbury Ave. North. Left at shopping mall light to stay on Woodbury, to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

**South of Park:** Grove Rd. West to Washington Rd. West (left at fork) to U.S. Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

## Seabrook

**Beach:** Rte. 286 West to Forest St. to I-95 South to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Inland:** Rte. 107 (New Zealand Rd.) to I-95 South to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## South Hampton

Hilldale Ave. West or Rte. 107A North, to Rte. 108 South to Rte. 110 East to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Stratham

Rte. 108 North to U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 108 North to Rte. 152 West to U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Emergency Buses

Emergency buses would be available if evacuation should be necessary for your community. If you need a ride, a bus would take you to your reception center.

In most communities, buses would pick up riders along special routes. The EAS radio station would tell you when buses would start running in your community. Announcements would be made when buses were about to stop running in each community.

If you thought you had missed the last bus, you would call the local Emergency Operations Center for your community (see page 2 of this calendar).

Turn to the bus route map for your community on the following pages. Find the route or pick-up point that is closest to your home. Mark the map where you catch the bus. Make sure everyone in your family knows where they can catch the bus.

**Remember that other bus route information could be given on regular news broadcasts.**

# Kinds of Emergencies

Whenever an emergency happens at a nuclear power plant, the event is put into one of four classes. You may hear these terms during emergency broadcast messages:

## Unusual Event

A minor event has taken place. No release of radioactive matter is expected. Federal, state and local officials would be told. Seabrook Station plant staff would respond to the event. You would not have to do anything.

## Alert

This is also a minor event. Small amounts of radioactive matter could be released. Federal, state and local officials would be told. The sirens may be sounded. Special emergency facilities would be opened, and plant conditions would be monitored. A media center would give regular information to the press. Hampton and Seabrook beaches could be closed. You would not have to do anything else except stay tuned to the EAS station, 97.5 FM.

## Site Area Emergency

This is a more serious event. Radioactive matter could be released. Federal, state and local officials would be told. All emergency facilities would be operating. Emergency workers would be ready to do their jobs.

The sirens would be sounded. Hampton and Seabrook beaches would be closed. The Coast Guard would alert boaters to leave the area. Communities could be told to shelter. School children could be evacuated as a precaution. Tune your radio to the EAS station, 97.5 FM.

## General Emergency

This kind of event is classed as the most serious. Radioactive matter could go well beyond the plant site. Federal, state and local officials would be told. All emergency facilities would be in full operation.

## General Emergency continues...

Emergency workers would be ready to help the public. The sirens would be sounded. Beaches would be closed. The Coast Guard would alert boaters to leave the area. Be prepared to take action such as sheltering or evacuating. School children could be evacuated as a precaution before any evacuation of the general public. Farmers should be ready to shelter livestock and give them stored feed and water. Tune your radio to the EAS station, 97.5 FM.

# Emergency Plan Testing

To make sure that the emergency plans work well, they are tested regularly. This testing is called an "exercise." Seabrook Station workers and public officials simulate a serious problem. They go through the emergency actions in the plan. You can usually read about these tests in the newspaper before they take place.

# What to do in Advance

- Look on the chart at the right for the name of your community. Find the name and address of your reception center in the second column. Put a circle around it.
- Find your community on the evacuation route lists on pages 34-35. Put a circle around it.
- Read the suggested evacuation routes. Mark on the map the route or routes that you would use to leave the area. Copy the route or routes on the family information form on page 3.
- Find the small map that shows the location of your reception center. Put a circle around it. Become familiar with the area. Write the name and address of your reception center on the family information form on page 3.

- If your children go to school or day care in a community other than your own, look on the chart below for the reception center for their school. (It is the same as the reception center for the community in which the school is located.) Put a circle around it. Write the name and address on your family information form. Find the small map that shows the location of this reception center. Put a circle around it. You would pick your children up there, if they had been evacuated.
- Make sure every member of your family knows where your reception center is.

City/Town	Reception Center
Brentwood East Kingston Exeter Kensington Kingston Newfields Newton Seabrook South Hampton Stratham	<b>Memorial High School, South Porter Street, Manchester</b>  <b>or the adjacent Southside Middle School South Jewett Street Manchester</b>
Greenland Hampton* Hampton Falls New Castle North Hampton Rye	<b>Dover Middle School, Daley Drive (off Route 108), Dover</b>
Portsmouth	<b>Rochester Middle School, Brock Street, Rochester</b>

*\* Visitors to Hampton Beach go to the Memorial High School reception center in Manchester.*

# Brentwood

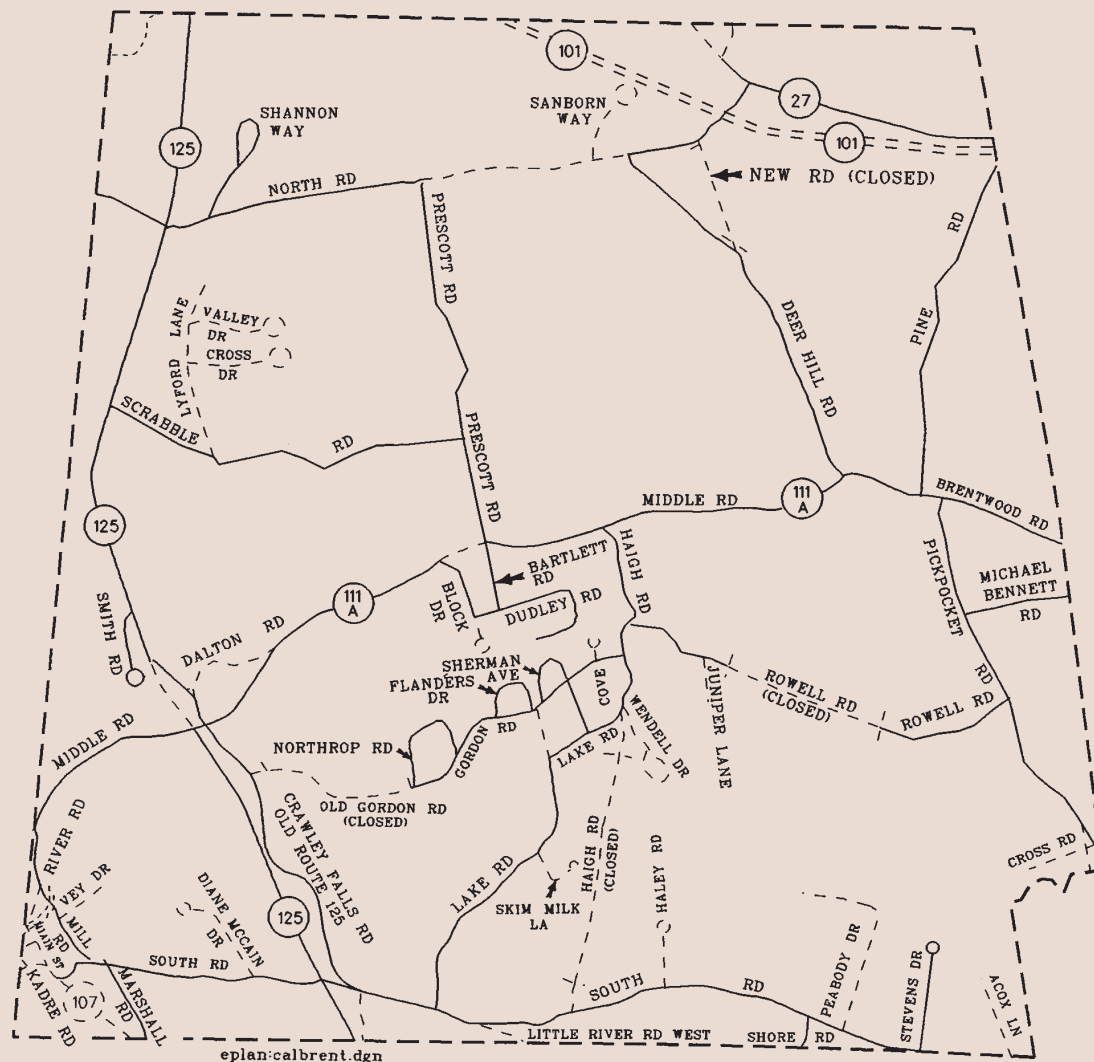
## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Manchester*.



eplan:calbrent.dgn



# East Kingston

## Emergency Bus Information

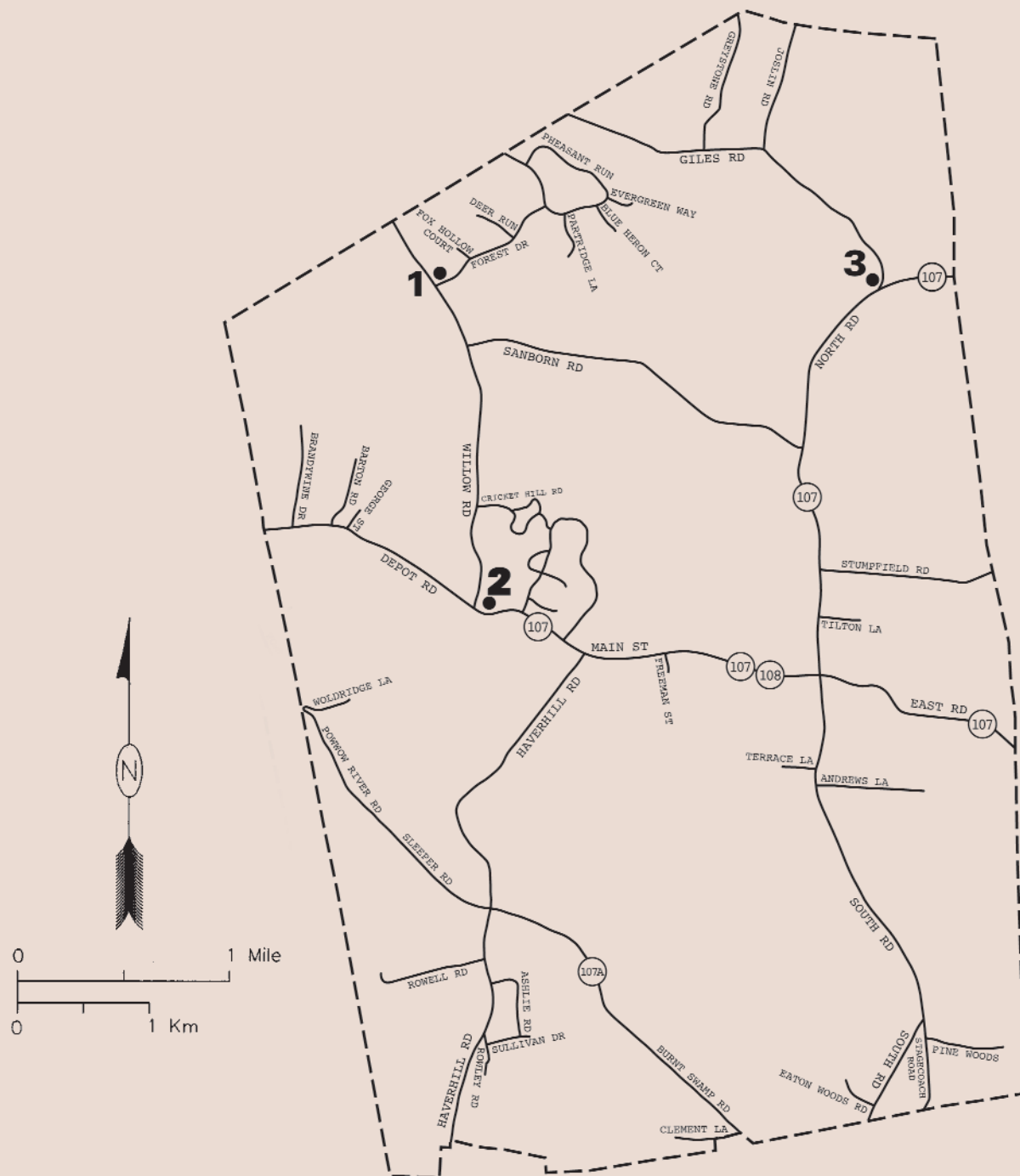
To get a ride in an emergency, walk to one of the *three numbered* pick-up points

Buses will take riders to the reception center in *Manchester*.

If you are unable to walk to a pick-up point, call (603) 642-8406. This is an emergency number only.

### Pick-up Points

1. The intersection of Forest Drive and Willow Road.
2. The intersection of Willow Road and Depot Road (Route 107).
3. The intersection of Giles Road and North Road (Route 108).



# Exeter

## Emergency Bus Information

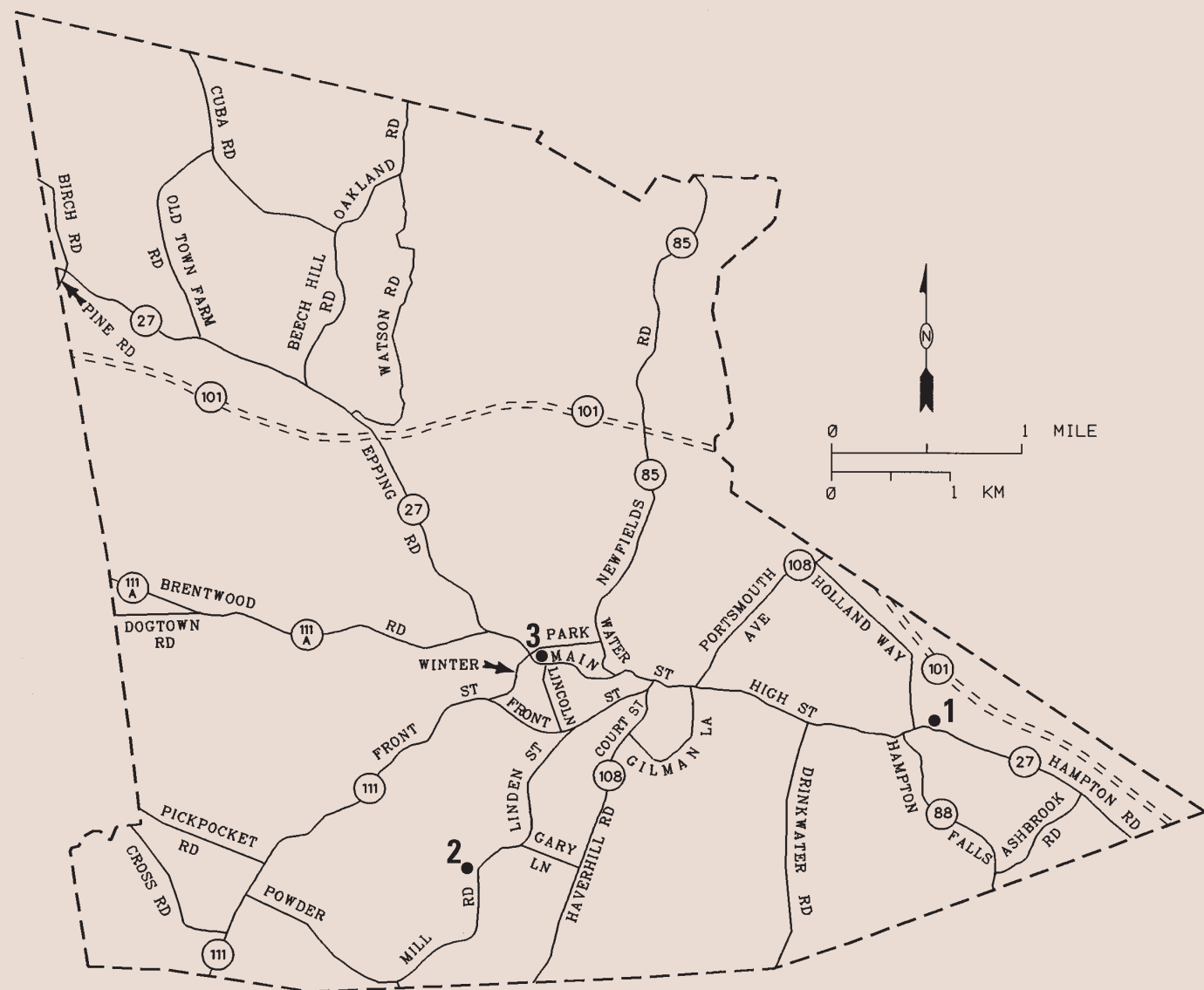
To get a ride in an emergency, walk to one of the *three numbered* pickup points.

Buses will take riders to the reception center in *Manchester*.

If you are unable to walk to a pickup point, call (603) 772-1212. This is an emergency number only.

### Pick-up Points

1. Exeter Recreation Facility, Hampton Rd.
2. Deep Meadow Variety Store, Linden St.
3. Park Street Common



# Greenland

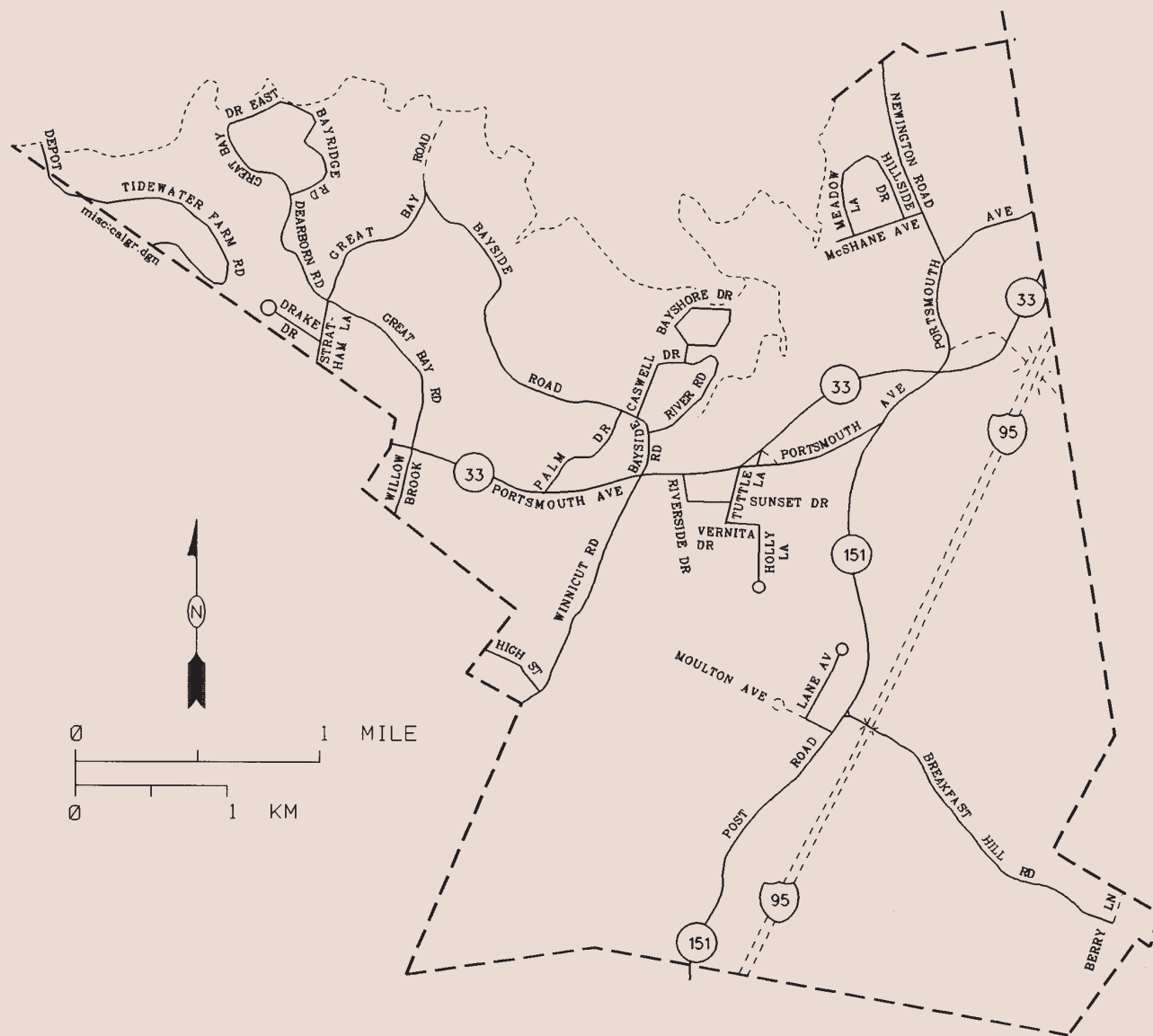
## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Dover*.



# Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders  
anywhere along these routes.

If a bus is full, another will  
come along.

Buses will take riders to the reception center in *Dover*.

**Pick-up locations for Hampton Beach visitors who do not have their own transportation are:**

1. Hampton Beach Police Station, 66 Ashworth Ave.
2. State Beach Office (across from Casino) Ocean Blvd.
3. State Park Facility, Ocean Blvd.
4. St. Patrick Church, 40 Church St.



# Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders  
anywhere along these routes.

If a bus is full, another will  
come along.

Buses will take riders to the reception center in *Dover*.



# Kensington

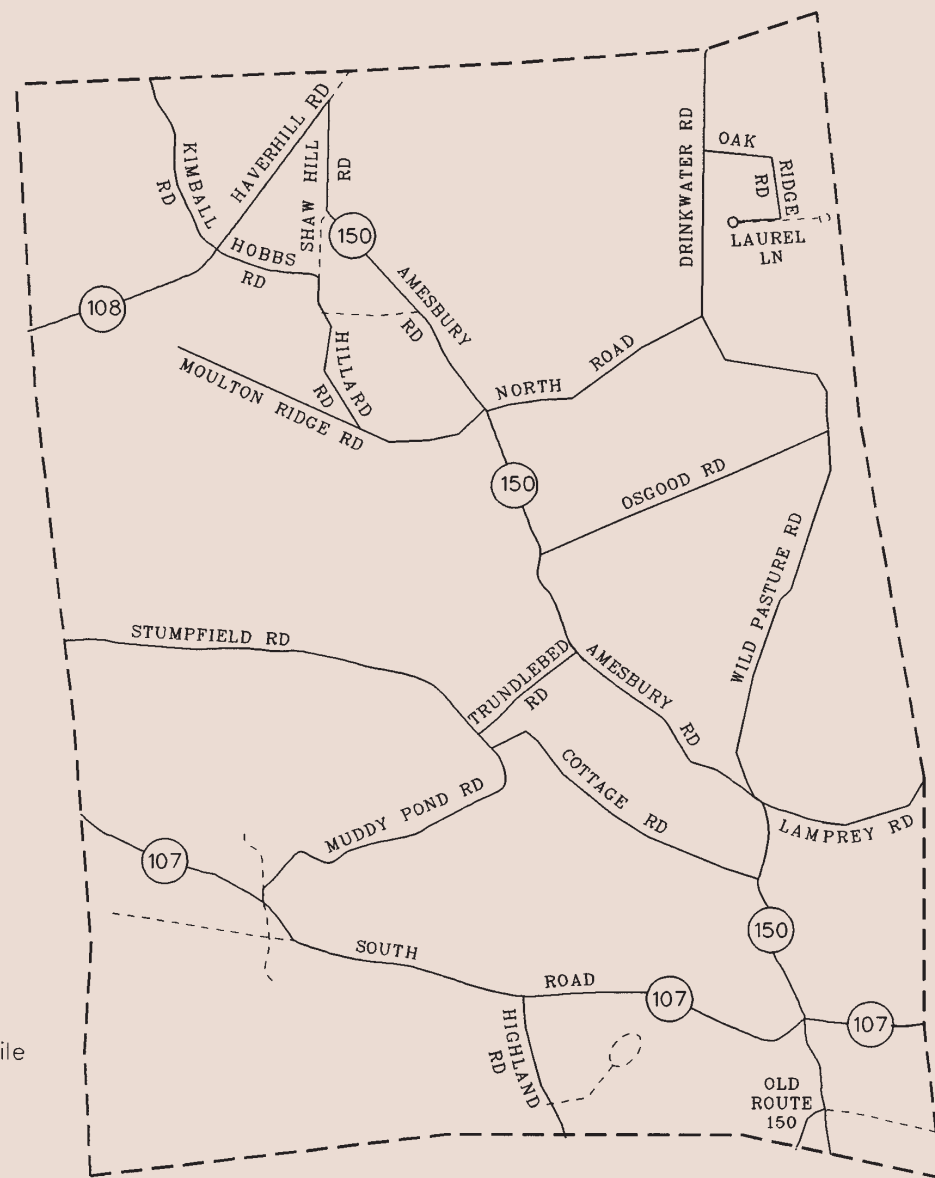
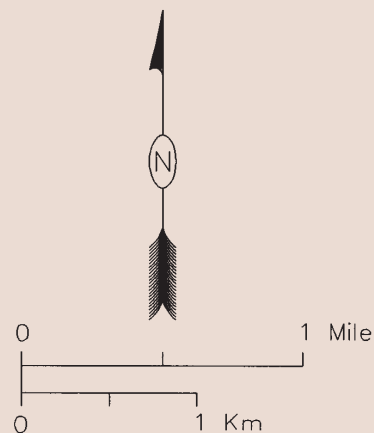
## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Manchester*.



# Kingston

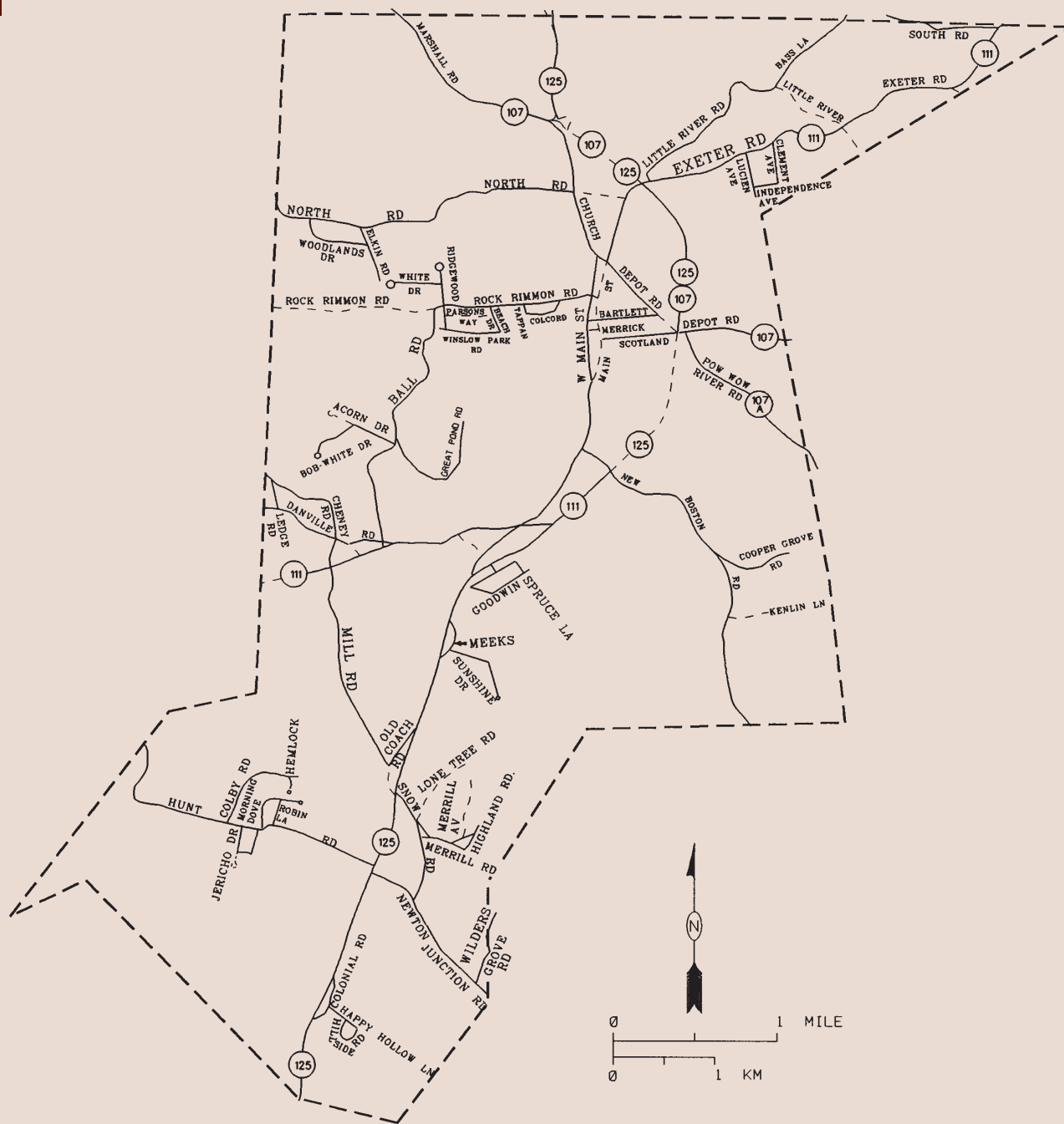
## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Manchester*.



# New Castle

## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Dover*.





# Newfields

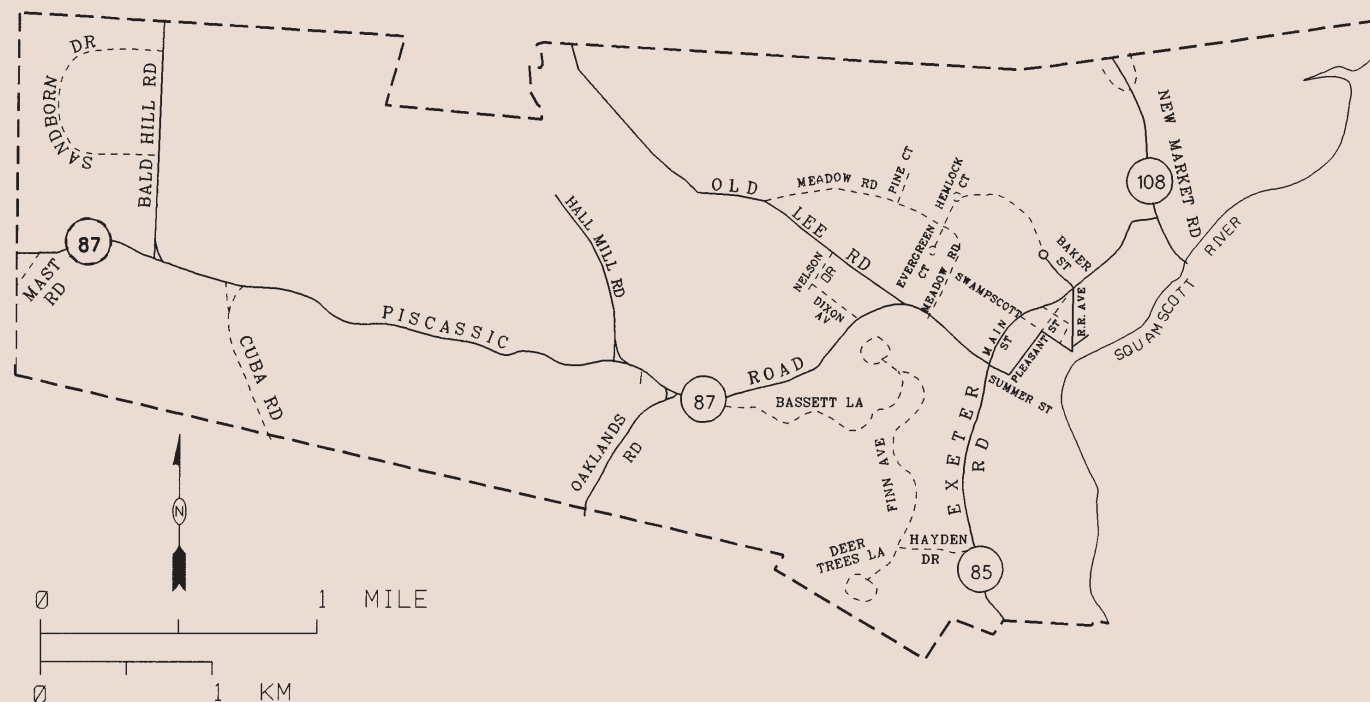
## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Manchester*.

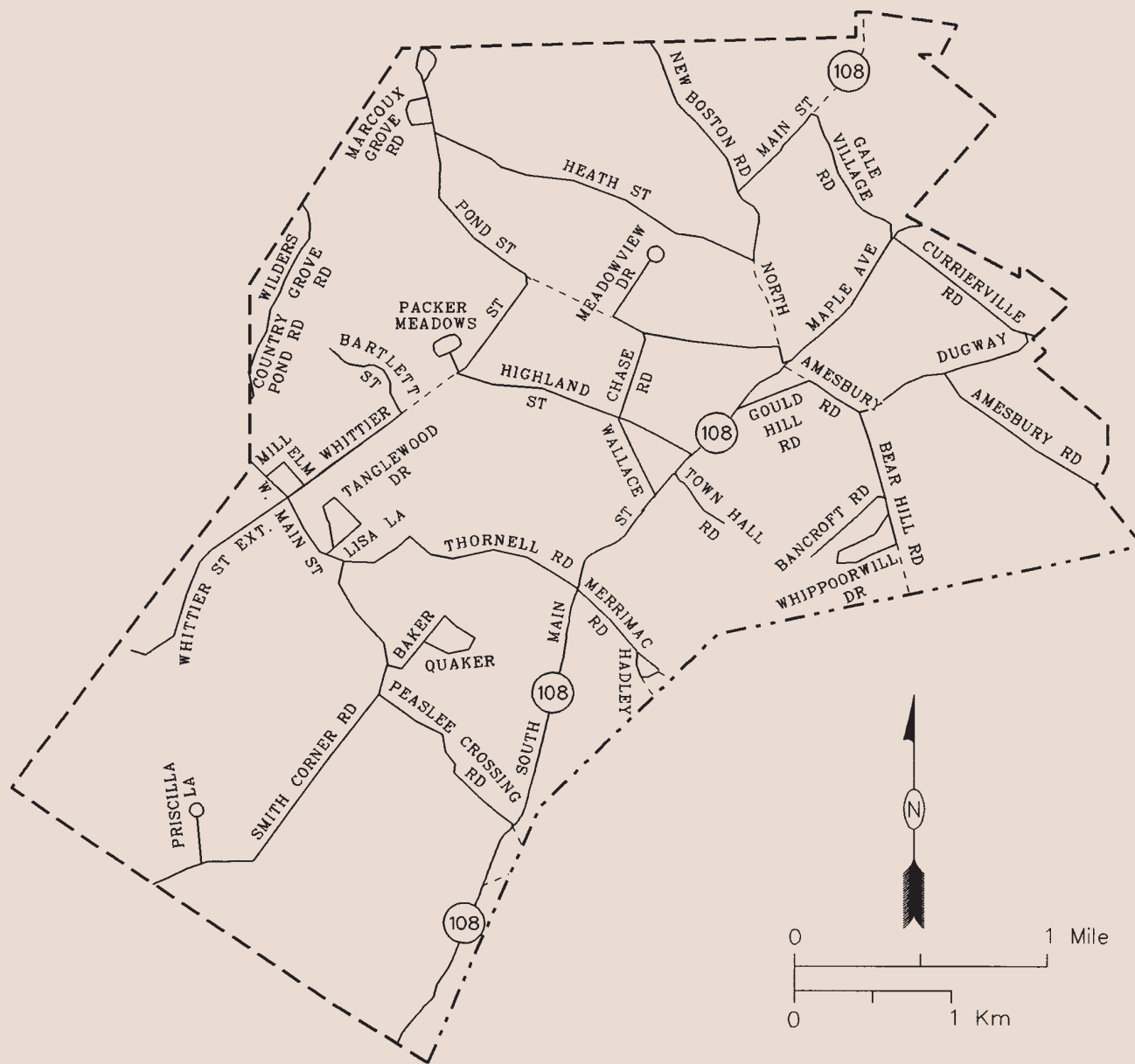


# Emergency Bus Information

Buses will pick up riders  
anywhere along these routes.

If a bus is full, another will  
come along.

Buses will take riders to the reception center in *Manchester*.



# North Hampton

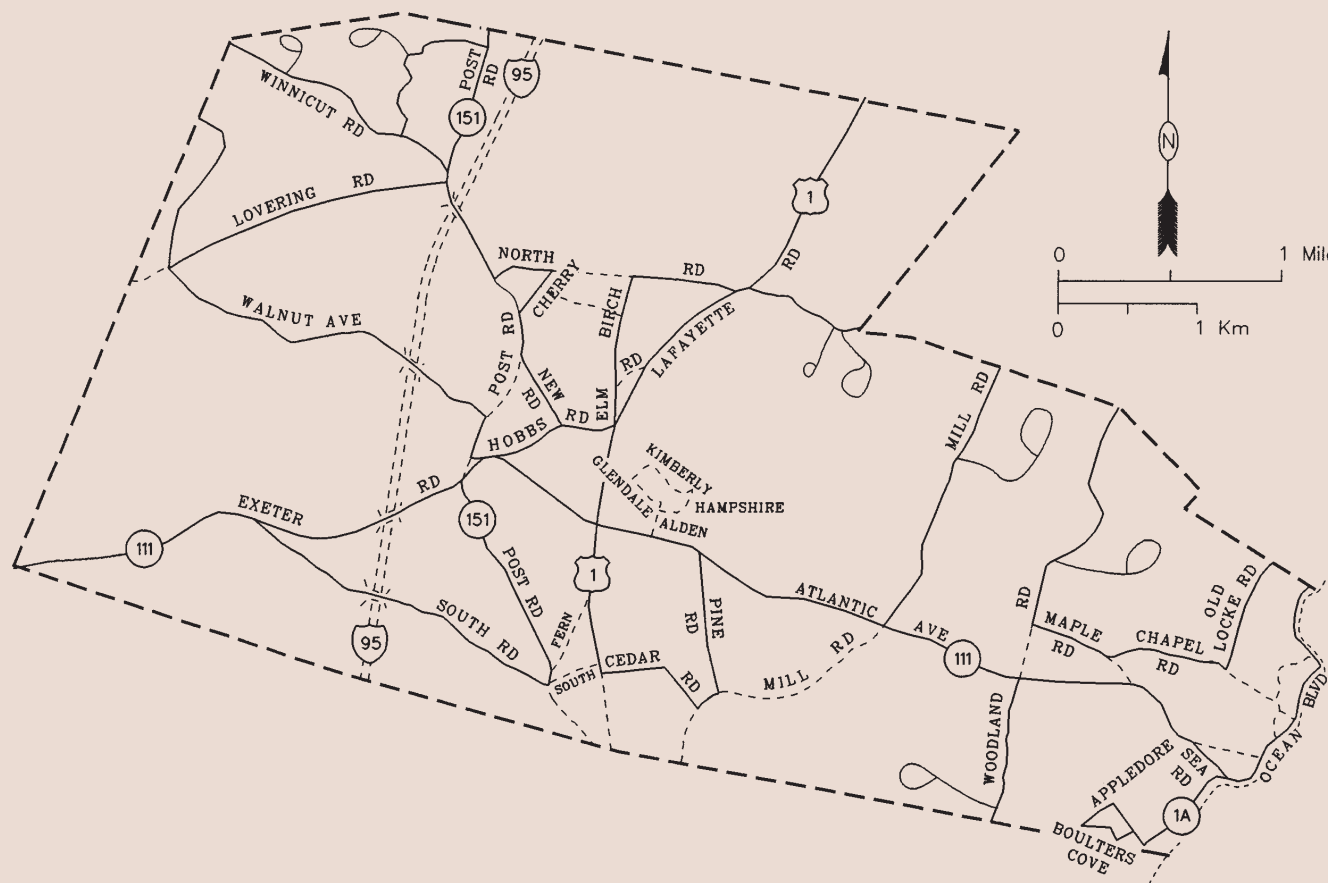
## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Dover*.



# Portsmouth

## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Rochester*.



# Rye

## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Dover*.



# Seabrook

## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

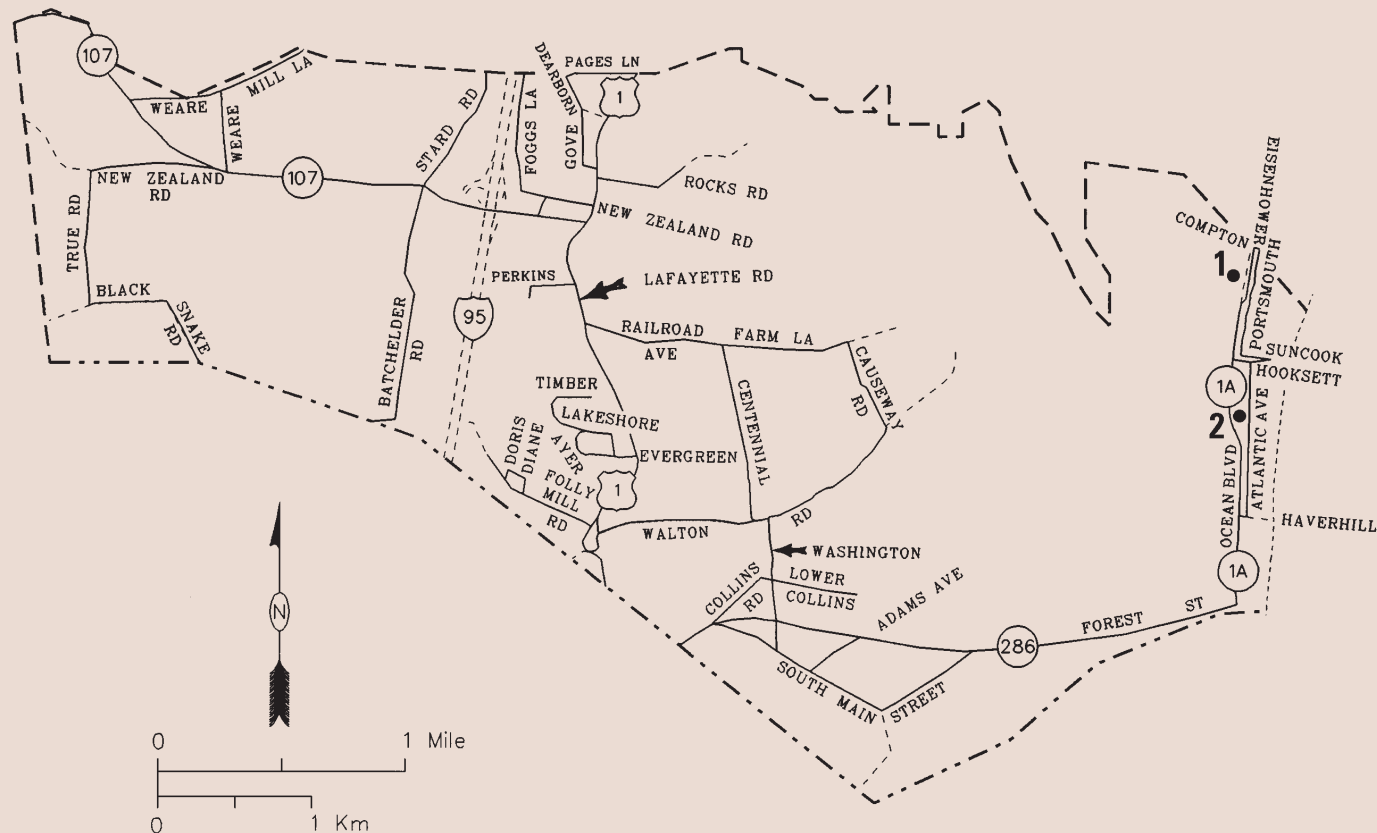
Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Manchester*.

### Pick-up locations for Seabrook Beach visitors who do not have their own transportation are:

1. Commercial Fishing Facility, Route 1A
2. St. Elizabeth Church, 1 Chelmsford St.



# South Hampton

## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Manchester*.



# Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders  
anywhere along these routes.

If a bus is full, another will  
come along.

Buses will take riders to the reception center in *Manchester*.





# About Seabrook Station and Radiation

## Q. What is radiation?

**A.** Radiation is a form of energy that is all around us. Radar, radiowaves, microwaves, ultraviolet (sun) rays and X-rays are all forms of radiation. Some radiation is energy-released from radioactive matter. Radioactive matter is present in the fuel in nuclear power plants.

People must take care to avoid too much exposure to most kinds of radiation. One class of radiation can cause changes in the atoms that make up the human body. This class includes ultraviolet rays, X-rays and radiation from radioactive matter. As with other types of radiation, care must be taken to protect people. People should limit their sunbathing, the number of X-rays they receive and their contact with highly radioactive matter.

## Q. Where does radiation come from?

**A.** Most radiation comes from natural sources. This is called background radiation. Rocks, water, the sun and objects in space give off radiation. The ground we walk on, the buildings we live in, and nearly everything we touch contains some radioactive matter. The food we eat and the air we breathe give off radiation. Even our bodies are mildly radioactive.

Some radiation also comes from man-made sources. Man-made radiation comes from things like medical, industrial and dental X-rays. It also comes from items such as the mantles in camping lanterns, some kinds of smoke detectors and wood stoves. And some radiation comes from nuclear and even coal-fired power plants that generate electricity.

The amount of radiation that a person gets is measured in "millirem." See the chart at right. This chart shows the average amount of some types of radiation received by the general public in one year. You can see from the

chart that a nuclear power plant adds very little to how much radiation we receive.

## Q. What kind of protection does a nuclear power plant offer?

**A.** A commercial nuclear power plant in the U.S. has a series of barriers to keep radiation inside the plant.

The nuclear fuel is in pellet form. The pellets are put into long metal tubes. The metal tubes are bundled together. These bundles are placed in water inside the reactor vessel, which is steel eight inches thick and is lined with stainless steel. The reactor vessel is inside the containment building.

Seabrook's containment building is one of the strongest in the U.S. It is called a double containment. This is because it has two steel-and-concrete domes with a five-foot airspace in between. The first dome is of steel and concrete four and one-half feet thick. The outer dome is 15 inches thick. In addition, there is a steel containment liner three-eighths of an inch thick. The containment could withstand the crash of a fighter bomber jet. It could also withstand an earthquake right under the building or other natural disasters.

## Q. Can a nuclear power plant explode like an atom bomb?

**A.** Absolutely not. A nuclear explosion is impossible in a commercial nuclear power plant. A power plant doesn't contain the type of fuel in the amount which is needed to make atomic bombs.

## Q. What if there were a major accident at Seabrook Station?

**A.** In the event that all the safeguards failed, radiation could be released. That is why the emergency plan described in this calendar would be put into action to protect you.

## Q. Would there be any health effects from a major release of radiation?

**A.** It is well known that exposure to high levels of radiation may cause observable health effects. Possible

health effects from lower levels of radiation are unknown, and consequently the present philosophy of radiation safety is to avoid unnecessary radiation exposure. Most evidence shows that radiation doses in low levels do not cause observable health effects. However, they can increase the chance of health problems later in life. To be especially careful, sheltering and evacuation would be recommended if the public might be exposed to low levels of radiation, using the Environmental Protection Agency's protective action guidelines. This would protect you and your family with an ample margin of safety. Be sure to follow the instructions in this calendar and information provided on the Emergency Alert System.

## Sources and Amount of Radiation

*(average amounts in millirem)*

Air-food-water	36/yr
The earth (Atlantic Coast)	16/yr
Indoor radon	200/yr*
Chest X-ray	15-20/test
Round trip, coast-to-coast plane trip	4/trip
Living next to a nuclear power plant	Less than 1/yr

*\* Actual dose can vary greatly depending on such factors as how well a house is ventilated.*

**In an emergency, turn to the Emergency Alert System radio station:**

**97.5 FM**



**FPL Energy**

**Seabrook Station**

## Security at Seabrook Station

***Nuclear power plants are the most secure industrial facilities in the United States. Even so, after September 11, the nuclear energy industry substantially enhanced security at nuclear plants. Security forces at nuclear plants were increased by one-third to approximately 8,000 officers at 103 plants located at 64 sites. Overall, the industry has spent \$1.2 billion on security-related enhancements since September 2001.***

FPL Energy Seabrook Station features some of the strongest structures in the world, a comprehensive security program and a highly experienced team of security professionals working hard to protect public health and safety. Seabrook Station remains in regular contact with local, state and federal law enforcement officials, ensuring the exchange of vital information and the ability to prepare for potential threats. In addition, law enforcement agencies participate in training exercises with Seabrook Station officers.

Seabrook Station continues to be at the highest state of security awareness. Security measures taken at Seabrook since 9/11 include:

- extending and fortifying security perimeters
- increasing patrols within security zones

- installing new barriers to protect against threats from explosives in vehicles
- installing additional high-tech surveillance equipment
- strengthening coordination of security efforts with local, state and federal agencies to integrate approaches among the entities.

In addition to these measures, the State of New Hampshire established buffer zones around the plant to prevent boaters and others on the local marshes from approaching too closely. And, the Federal Aviation Administration has issued rules to instruct pilots not to hover, circle or linger around sensitive installations, including nuclear power plants.

In terms of emergency preparedness, Seabrook Station's Emergency Response

Organization (ERO) is made up of nuclear professionals able to respond immediately at any time in the unlikely event of a plant emergency. The ERO regularly conducts drills and exercises with local, state and federal agencies ensuring emergency preparedness. Both the State of New Hampshire and the Commonwealth of Massachusetts administer comprehensive emergency plans through their offices of emergency management. In fact, the surrounding communities of Seabrook Station benefit by having this established emergency plan in place, as it can be utilized for any emergency conditions.

Protecting public health and safety is the top priority at Seabrook Station.

# About Potassium Iodide (KI)

## What is potassium iodide?

Potassium iodide is a chemical compound that contains iodine, a chemical necessary for the normal functioning of the thyroid gland. It is known by its chemical symbol, KI. It is manufactured in pill form to be used to prevent the thyroid gland from absorbing a radioactive form of iodine that might be released during an accident at a nuclear power plant. It is intended to protect against thyroid cancer.

## How does it work?

KI protects the thyroid gland by satisfying its requirement for iodine. If someone were then exposed to radioactive iodine, it would not be absorbed by the gland. KI has no effect at all on the radiation itself. It does not provide protection for parts of the body other than the thyroid and it provides no protection against other forms of radiation. Evacuation remains the primary protective action during a radiological emergency.

## Who can take KI?

Most people can take KI without side effects, but it is a drug and you should consult your doctor before taking any medication. A small number of people could have side effects. Anyone who is allergic to iodine should not take it. People who are allergic to shellfish are likely to also be allergic to iodine.

## Where can I get KI?

KI is available free of charge from the State of New Hampshire to everyone who lives or works within the 10-mile Emergency Planning Zone around Seabrook

Station. Instructions for ordering KI for yourself and your family are contained in this calendar. It may also be purchased over-the-counter in some area pharmacies or ordered by telephone, mail or via the Internet from several sources.

## How will I know when to take it?

To be effective, KI should be taken immediately before or within a few hours after exposure to radiation. That recommendation would be immediately announced through the Emergency Alert System and the news media.

## What would happen if I took KI without direction from emergency officials?

Probably nothing. It is very unlikely that you would suffer any ill effects if you took KI because of a false alarm or “just in case” because you thought there was a radiological emergency underway.

## Should I have KI for my children?

Yes. Children are more susceptible to thyroid cancer than adults because they are growing rapidly. Doses should be given according to the child's weight or age, if possible. KI comes in 130 mg pills. Adults 18 years or older or adolescents weighing more than 150 lbs. should take one pill during a radiological release. Children aged 3-18 should take one-half a pill or 65 mg of KI. Children aged one month to three years should receive one-quarter of a pill or 32 mg and infants from birth through one month should receive one-eighth of a pill or 16 mg. The pills can be cut with a sharp knife and young children should receive their dose in milk, water, applesauce or pudding. However, in the event of an emergency, a child may be given a whole tablet.

## Where should I store KI?

Like any other medication, KI should be stored at room temperature away from moisture. It should also be kept in an accessible location so you can remember where it is and get to it in case of emergency. KI has a shelf life of five years.

## Who assumes legal responsibility of use of KI?

You do. The use of KI is voluntary. No one is required to accept it or use it. If you choose to accept KI from the state distribution program, you will be required to sign an informed consent form on which you state that you understand its use and potential risks.

**Remember, evacuation is the most effective protective action.**

## How Much KI To Take

	<u>DOSE</u>
Adults 18 Years and Older . . . . .	.1 Tablet (130 mg)
Pregnant Or Nursing Women . . . . .	.1/2 Tablet (65 mg)
Children Ages 3-18 Years Old . . . . .	.1/2 Tablet* (65 mg)
Children 1 Month to 3-Years-Old . . . . .	.1/4 Tablet*
Infants 1 Day to 1-Month-Old . . . . .	.1/8 Tablet*

*\*NOTE: In an emergency situation where it is not possible to cut a tablet into these sizes, administer the complete 130-mg tablet. The benefits of doing so far outweigh the risks of overdosing!*

## Potassium Iodide (KI)



# Application Form

The Nuclear Regulatory Commission has enabled each individual who lives or works in an Emergency Planning Zone (EPZ) surrounding either Seabrook Station or Vermont Yankee to receive one, 130-mg tablet of potassium iodide from the State of New Hampshire to use in the event of a radiological emergency.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

Number Of Adults (130 mg): \_\_\_\_\_ Number Of Children (65 mg): \_\_\_\_\_

By completing and submitting this application to receive potassium iodide tablets from the State of New Hampshire, I understand the following:

- ▼ The use of potassium iodide is voluntary. I am not required to accept it or use it.
- ▼ Potassium iodide is NOT a substitute for evacuation. Evacuation is the most effective protective action in the event of a radiological emergency.
- ▼ Potassium iodide protects only the thyroid gland from only radioactive iodines. In a radiological release, I would still be vulnerable to possible exposure to other forms of radiation.
- ▼ Children under 14-years of age are most at risk from the effects of radioactive iodines on the thyroid gland.
- ▼ Although KI is generally safe, it can cause health risks in persons with existing thyroid conditions and those allergic to iodine or shellfish. Anyone considering using potassium iodide should consult with his/her health care provider.
- ▼ I assume full liability for using potassium iodide and for replacing the tablets when they expire.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail This Form To:

New Hampshire Department of Health and Human Services  
Division of Public Health Services  
Bureau of Radiological Health  
29 Hazen Drive  
Concord, NH 03301-6527

More 

## Other Sources OF KI

Potassium iodide is a non-prescription medication that can be ordered from some local pharmacies, as well as from a number of firms that sell KI directly over the Internet, including the following:

### **ThyroBlock Tablets**

*mfg by Med Pointe Pharmaceuticals*

Major Surplus & Survival

800-441-8855

[www.majorsurplussurvival.com](http://www.majorsurplussurvival.com)

### **IOSAI Tablets**

*mfg by Anbex, Inc.*

Anbex, Inc.

866-GOFORKI

[www.anbex.com](http://www.anbex.com)

[Drugstore.com](http://Drugstore.com)

[www.drugstore.com](http://www.drugstore.com)

(search "Potassium Iodide")



# ANNUAL EMERGENCY HELP SURVEY

## N.H. DEPARTMENT OF SAFETY DIVISION OF EMERGENCY SERVICES BUREAU OF EMERGENCY MANAGEMENT

33 Hazen Drive  
Concord, NH 03305

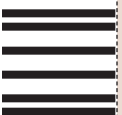


This survey is part of an annual program to identify persons who may need specialized assistance in the event of an emergency. As indicated in the Emergency Public Information Calendar, you might be to told to shelter or evacuate if there is an emergency at Seabrook Station or for other emergencies. The N.H. Department of Safety, Bureau of Emergency Management, in conjunction with your local emergency management officials will use the survey information on this form to provide specialized, individual emergency assistance to persons residing near Seabrook Station. If you or someone you know needs individual help, it is important for you to let us know. Just fill in the information and return this form. If you have any questions concerning your need for specialized, individual help during an emergency or if you are concerned about someone you know who may need specialized emergency help, call: N.H. Department of Safety, Bureau of Emergency Management at 1 (800) 852-3792 (voice only) or (603) 271-2254 (TDD/TTY).

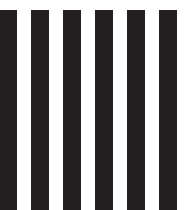
Remember, in an emergency, you will be better prepared if you know how to help yourself and others, as well as how to receive help from others. This survey is conducted ANNUALLY. If you have previously filled out a form, PLEASE DO SO AGAIN. This will ensure that we have up to date information on your need for help. Thank you.

**THIS INFORMATION IS FOR OFFICIAL USE ONLY  
AND WILL BE KEPT CONFIDENTIAL  
(PLEASE COMPLETE)**

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DIVISION OF EMERGENCY SERVICES  
BUREAU OF EMERGENCY MANAGEMENT**

33 Hazen Drive  
Concord, NH 03305



**N.H. DEPARTMENT OF SAFETY  
DIVISION OF EMERGENCY SERVICES  
BUREAU OF EMERGENCY MANAGEMENT**

33 Hazen Drive  
Concord, NH 03305

[www.nhdoem.state.nh.us](http://www.nhdoem.state.nh.us)

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MANCHESTER, NH**

**IMPORTANT INFORMATION ENCLOSED!**

Please read and save this calendar for reference in an emergency.

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Seabrook Station, in cooperation  
with the N.H. Department of Safety,  
Division of Emergency Services,  
Bureau of Emergency Management,  
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RSA 107B.





**YES, I/This person will need help in the  
event of an emergency:**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY AND ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
TDD \_\_\_\_\_


**Relative or person we can notify to help  
you in case of an emergency:**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE (home) \_\_\_\_\_  
PHONE (work) \_\_\_\_\_

**I consider myself to be:**

- ☐  Deaf or Hard of Hearing  
☐  Blind/Low Vision  
☐  Wheelchair user  
☐  Confined to bed  
☐ Other (specify) \_\_\_\_\_

**Help needed:**

- ☐  Need a ride  
☐  Need a wheelchair accessible ride  
☐  Need an ambulance for transportation  
☐  Need individualized notification  
☐  Need help with sheltering

**Person who can be called to verify information:**

NAME \_\_\_\_\_  
PHONE (home) \_\_\_\_\_  
PHONE (work) \_\_\_\_\_

FOLD IN HALF AND TAPE HERE